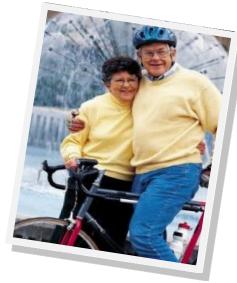
York County Area Agency on Aging

Living Well With



Diabetes – Your Life, Your Way



Self-Management Workshops:

- Healthy eating
- Exercise
- Stress management
- Communication
- Manage blood glucose levels
- Action planning

- Problem solving
- Prevent complications
- Skin & foot care
- Reduce & manage weight
- Goal setting

Who is Eligible?

- 60+ living with type 2 diabetes
- 18+ living with a disability and type 2 diabetes

Family members and caregivers are welcome!

Where: Golden Connections Community

Center, 20-C Gotham Place, Red Lion

When: Tuesdays, January 3 — February 7, 2017

(Six Sessions)

Time: 10:30 AM—1:00 PM



Call to Register:

Golden Connections Community Center

@ 717-244-7229

*No charge for the program!



